Course Information Sheet

Course Title: Core Training Anatomy

Course Description:

This essential course is your guide for increasing core strength, stability, flexibility, and tone. Whether you are just beginning your routine or looking to enhance an existing conditioning program, this course presents the most effective exercises and workouts for the results you want. It is all here, and all in stunning detail. With 460 full-color photos and illustrations, you will go inside over 100 exercises to see how muscles interact with surrounding joints and skeletal structures. You will also learn how variations, progressions, and sequencing can affect muscle recruitment, the underlying structures, and ultimately the results. The potent combination of highly detailed drawings plus crisp, clear text will ensure you have a deeper understanding of how the core functions than ever before. 144 pages, softcover. Course includes soft-cover textbook, separate testing booklet and free, instant grading.

Learning Objectives:

1. Gain knowledge in developing core training programs
2. Determine appropriate exercises, length of workouts, repetitions and more for various exercisers
3. Describe how to perform a variety of exercises for the core
4. Describe how to incorporate stretches for areas such as hip flexors and low back
5. Explore breathing techniques and relaxation exercises on various devices such as the stability ball
6. Describe advanced exercise techniques to work the core
7. Understand how to utilize and incorporate accessories and machines into core training

Target Audience: Beginner/Intermediate/Advanced

Schedule and Format: Self-paced home study

Fees: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Cancellation/Refund Policy: After you get your home study course you have three days to change your mind for a full refund. Just notify us within that three day window and then return the book to us in saleable condition. That’s it. No questions asked.

Instructor/Author Credentials:
Frédéric Delavier is a gifted artist with an exceptional knowledge of human anatomy. He studied morphology and anatomy for five years at the prestigious École des Beaux-Arts in Paris and studied dissection for three years at the Paris Faculté de Médecine.

The former editor in chief of the French magazine PowerMag, Delavier is currently a journalist for the French magazine Le Monde du Muscle and a contributor to several other muscle publications, including Men's Health Germany. He is the author of the best-selling Strength Training Anatomy, Women’s Strength Training Anatomy, The Strength Training Anatomy Workout, and Delavier’s Stretching Anatomy.

Delavier won the French powerlifting title in 1988 and makes annual presentations on the sport applications of biomechanics at conferences in Switzerland. His teaching efforts have earned him the Grand Prix de Techniques et de Pédagogie Sportive. Delavier lives in Paris, France.

Michael Gundill has written 13 books on strength training, sport nutrition, and health including co-authoring The Strength Training Anatomy Workout. His books have been translated into multiple languages, and he has written over 500 articles for bodybuilding and fitness magazines worldwide, including Iron Man and Dirty Dieting. In 1998 he won the Article of the Year Award at the Fourth Academy of Bodybuilding Fitness & Sports Awards in California.

Gundill started weightlifting in 1983 in order to improve his rowing performance. Most of his training years were spent completing specific lifting programs in his home. As he gained muscle and refined his program, he began to learn more about physiology, anatomy, and biomechanics and started studying those subjects in medical journals. Since 1995 he has been writing about his discoveries in various bodybuilding and fitness magazines all over the world.

Contact Hours/CEs: Please see our website for the most current details on pricing & CE awards: www.exerciseetc.com

Sponsors: N/A